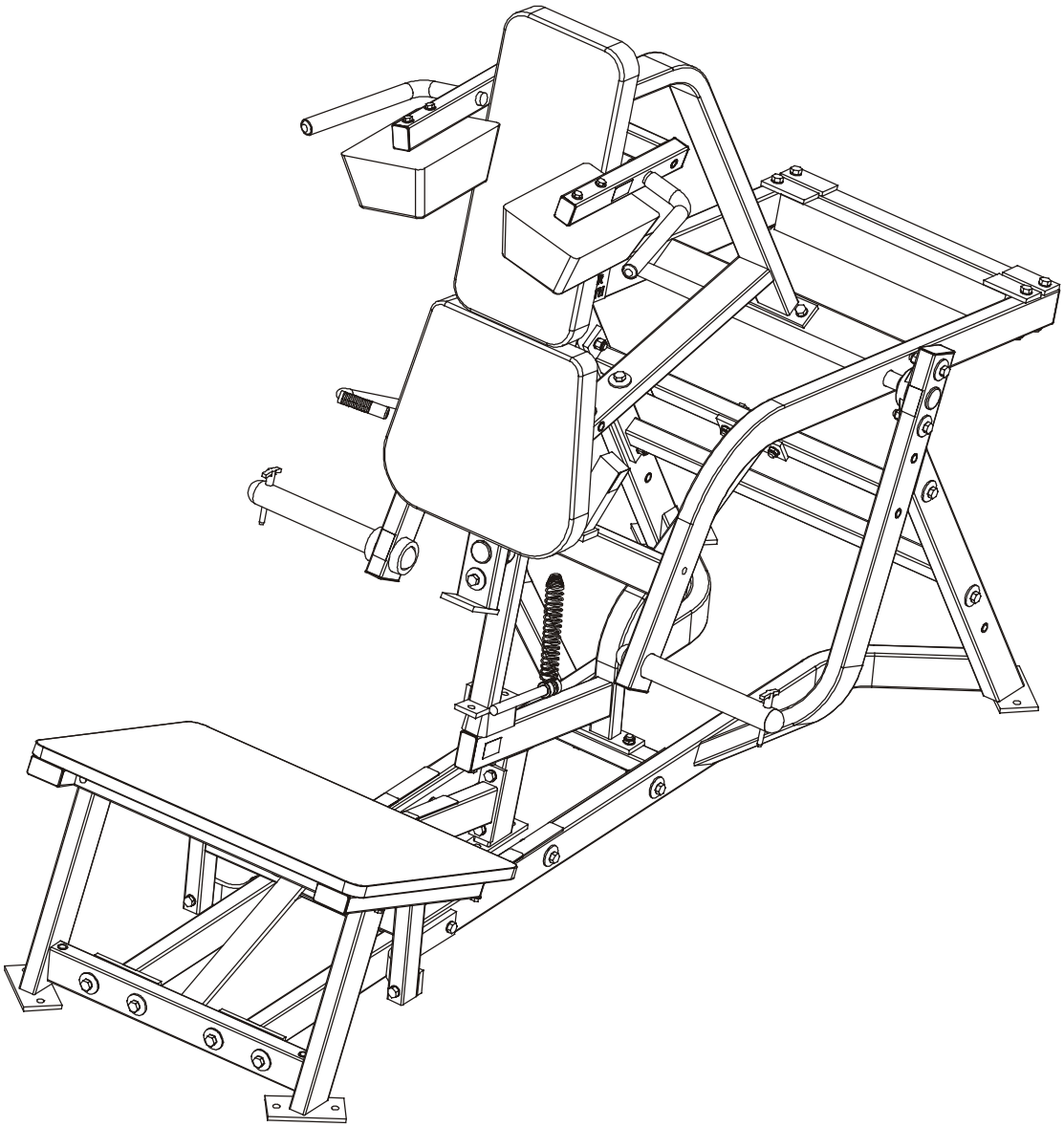
HAMMER STRENGTH EQUIPMENT

PLVSQ - Plate Loaded V-Squat (Rev: B01)



Customer Support Services

PARTS MANUAL

HAMMER STRENGTH EQUIPMENT – PLVSQ (Rev: B01)

Notes:

HAMMER STRENGTH EQUIPMENT - PLVSQ (Rev: B01)

Contents

PAGE

EXPLODED ASSEMBLY 4

BOTTOM/CENTER CROSS FRAMES 5

FOOT PLATFORM 6

LEFT SIDE FRAME 7

SEAT FRAME & MOVEMENT ARM ASSEMBLIES 8

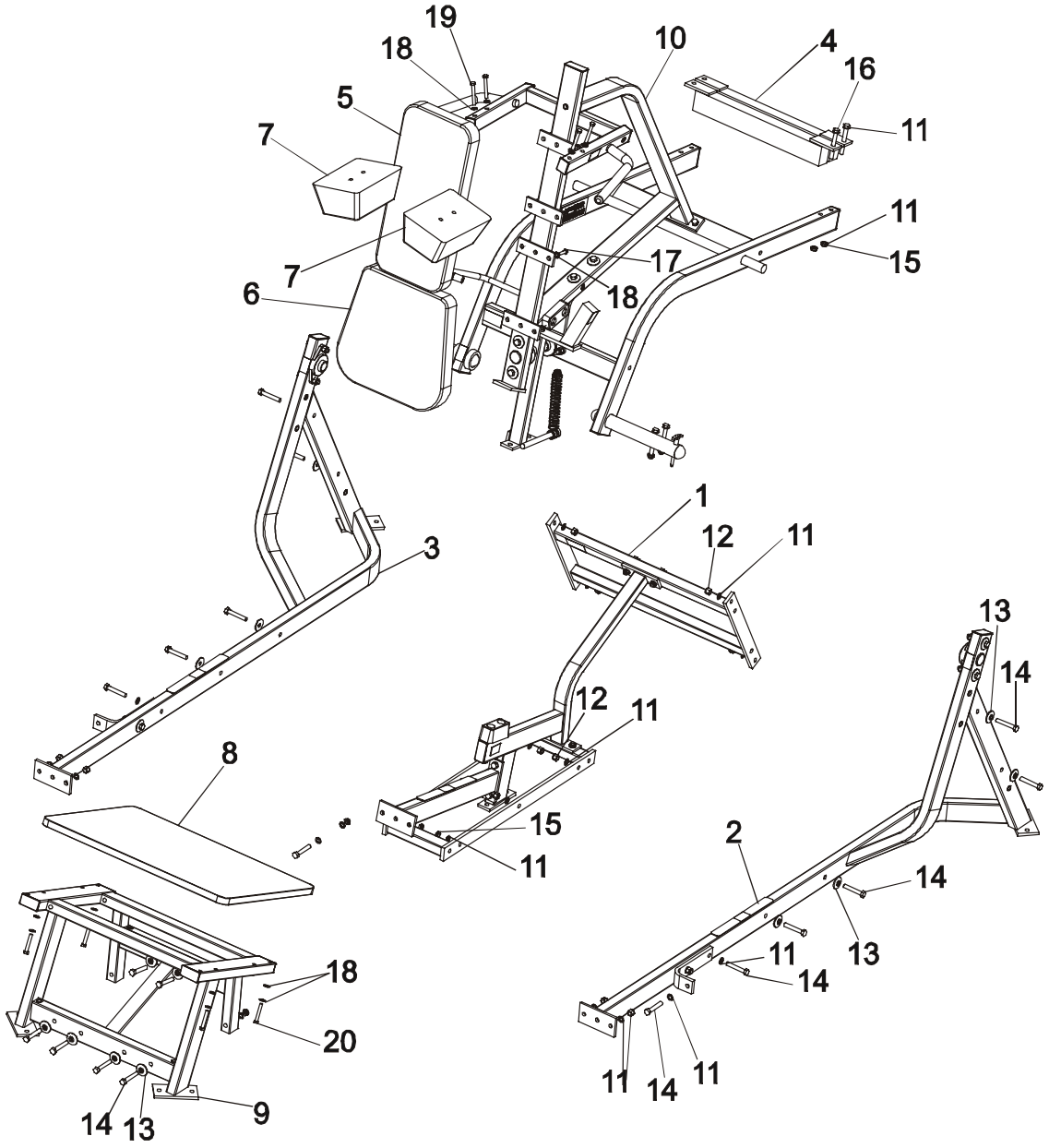
MOVEMENT ARM ASSEMBLY 9

MOVEMENT ARM STOP 10

SEAT FRAME ASSEMBLY 11

HAMMER STRENGTH EQUIPMENT - PLVSQ (Rev: B01)

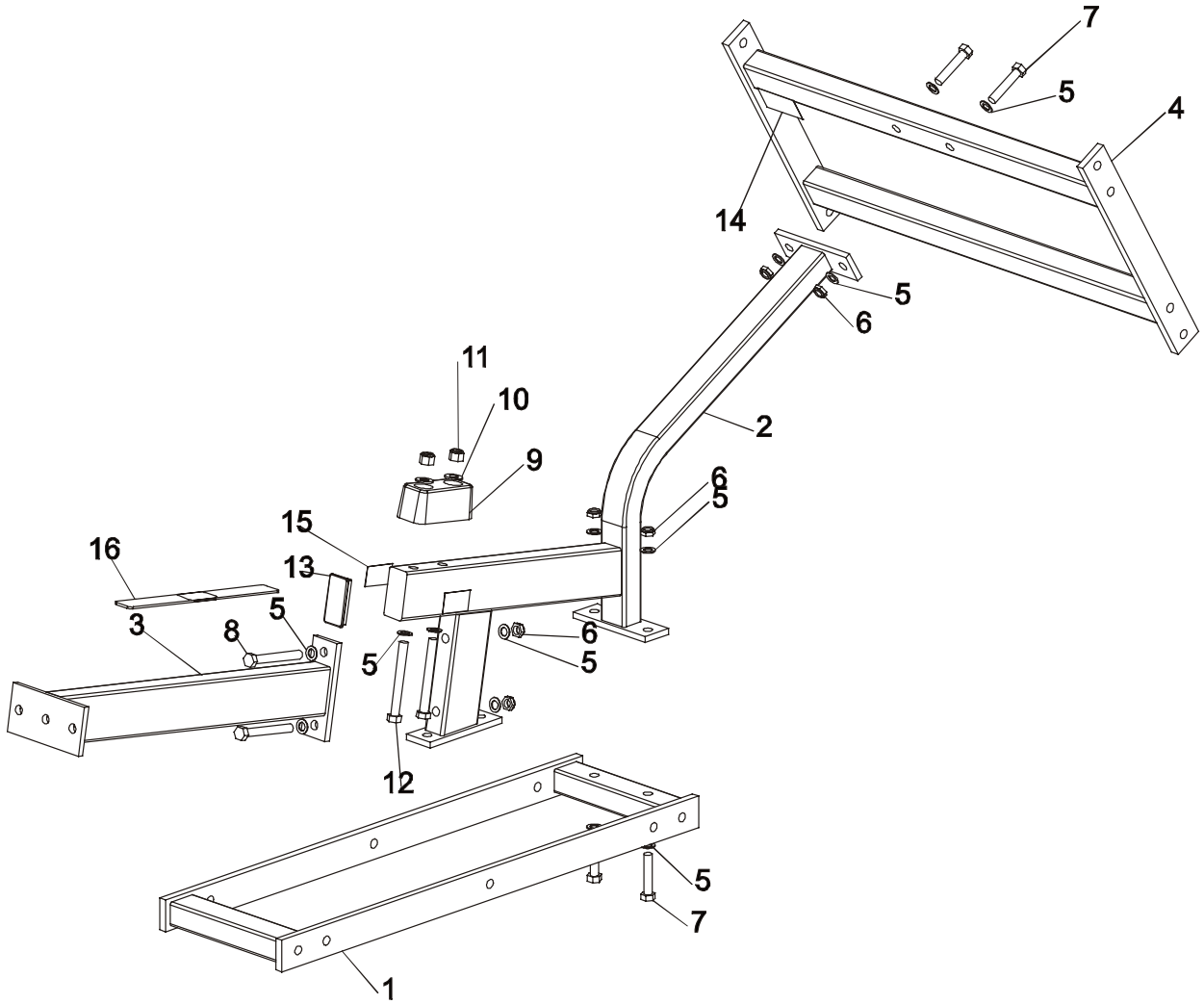
Exploded Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION	ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLVSQ-CBX-0	CENTER FRAME ASSM	11	30	WASH.5STAR	1/2" Internal Lock Washer
2	1	PLVSQ-CSFL-1	LEFT SIDE FRAME ASSM	12	14	NUT.5LOCK	1/2" Thick Lock Nut
3	1	PLVSQ-CSFR-1	RIGHT SIDE FRAME ASSM	13	14	H-BACK WASH	Backing Washer
4	2	PLVSQ-CW-0	COUNTER WEIGHT	14	18	HHB.5X3	1/2 X 3 Bolt
5	1	U24-10	Standard 24" Pad	15	8	NUT.5JAMLOCK	1/2" Thin Lock Nut
6	1	U16-11	Standard 16" Pad	16	4	HHB.5X4	1/2 X 4 Bolt
7	2	U2SQ	SQUAT SHOULDER PAD	17	8	HHB.375X1.5	3/8 X 1 1/2 Bolt
8	1	2FB-SQ	SQUAT FOOT PAD	18	20	WASH.375SAE	3/8" SAE Flat Washer
9	1	PLVSQ-CFP-1	FOOT PLATFORM ASSM	19	4	HHB.375X3	3/8 X 3 Bolt
10	1	PLVSQ-CMA1-1	MOVEMENT ARM ASSM	20	4	HHB.375X2.5	3/8 X 2 1/2 Bolt

HAMMER STRENGTH EQUIPMENT - PLVSQ (Rev: B01)

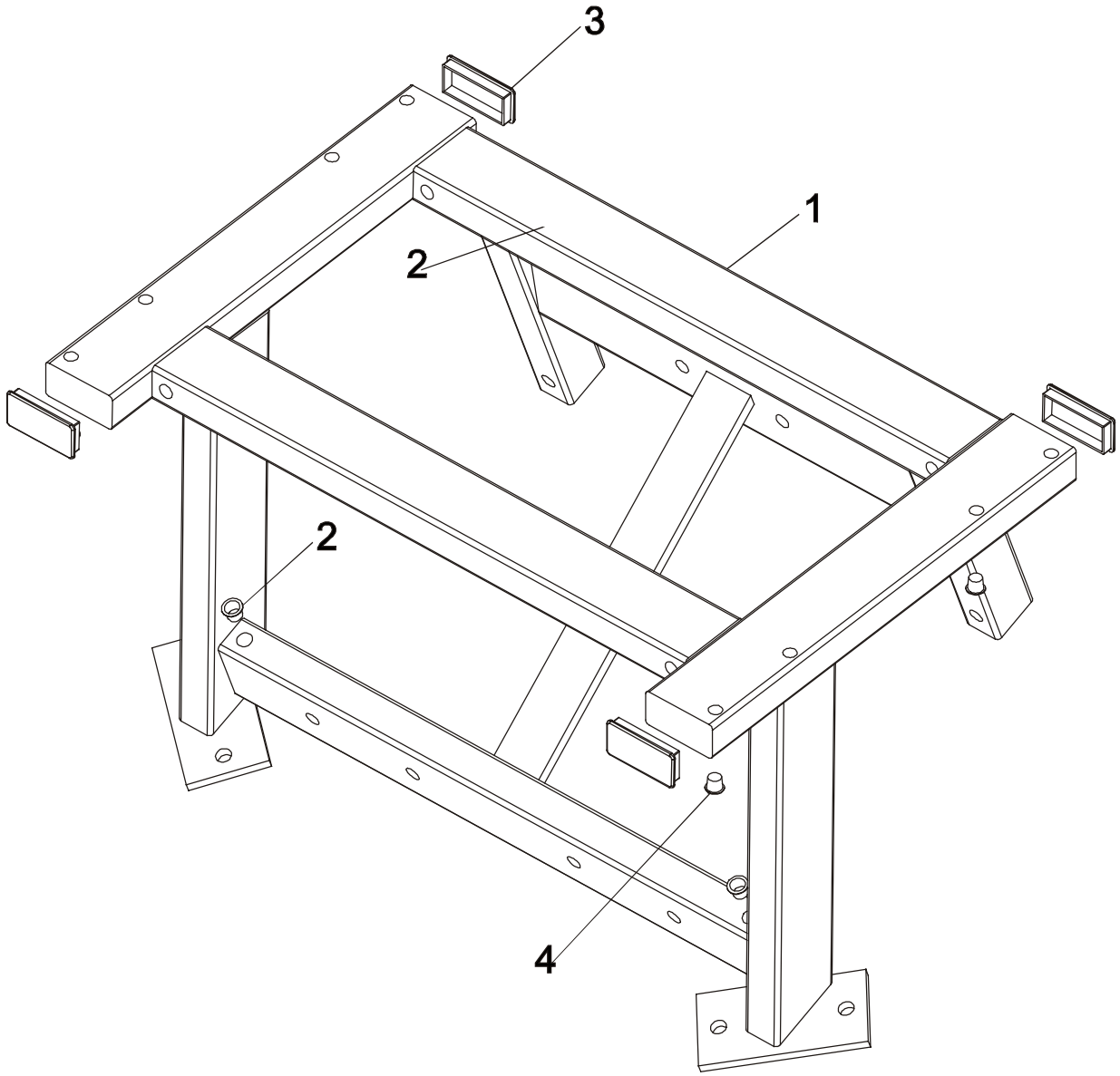
Bottom/Center Cross Frames



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLVSQ-BX-0	BOTTOM CROSSFRAME
2	1	PLVSQ-ETC-0	CENTER CROSSFRAME 1
3	1	PLVSQ-ETC1-0	CENTER CROSSFRAME 2
4	1	PLVSQ-TX-0	TOP CROSSMEMBER
5	14	WASH.5STAR	1/2" Internal Lock Washer
6	6	NUT.5JAMLOCK	1/2" Thin Lock Nut
7	4	HHB.5X2.5	1/2 X 2 1/2 Bolt
8	2	HHB.5X4	1/2 X 4 Bolt
9	1	H-BUMP-MED	MM2 Medium
10	2	WASH.5SAE	1/2" SAE Flat Washer
11	2	NUT.5LOCK	1/2" Thick Lock Nut
12	2	HHB.5X4.5	1/2 X 4 1/2 Bolt
13	1	H-PEND3	1 1/2 X 3 End Cap
14	1	PATENT	Patent Decal
15	2	STAY CLEAR	Stay Clear Decal
16	2	H-PLATE-G1	Small Plate Guard

HAMMER STRENGTH EQUIPMENT - PLVSQ (Rev: B01)

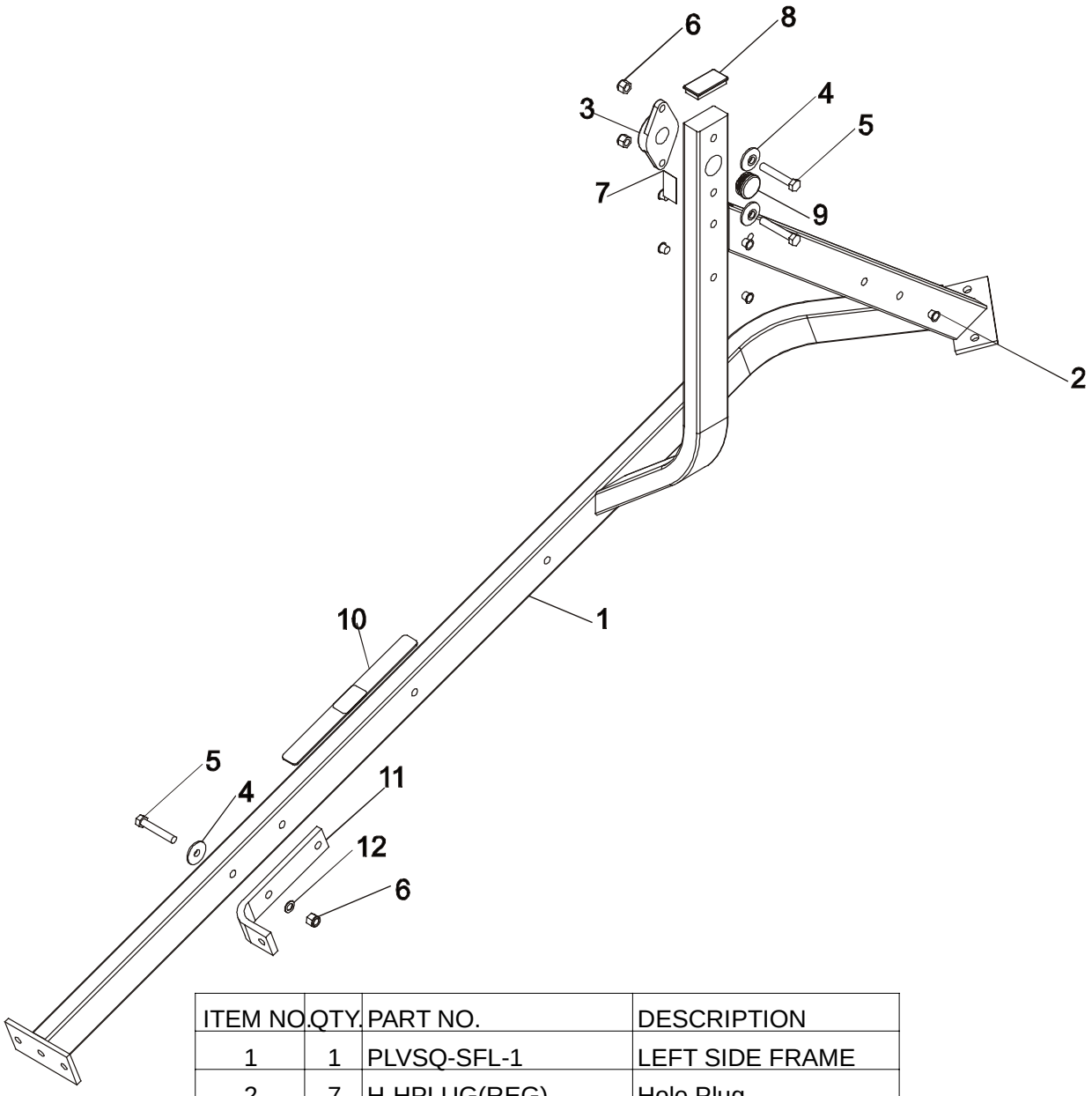
Foot Platform



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLVSQ-FP-1	FOOT PLATFORM
2	4	H-HPLUG(REG)	Hole Plug
3	4	H-PEND3	1 1/2 X 3 End Cap
4	4	H-HPLUG(SMALL)	Hole Plug

HAMMER STRENGTH EQUIPMENT - PLVSQ (Rev: B01)

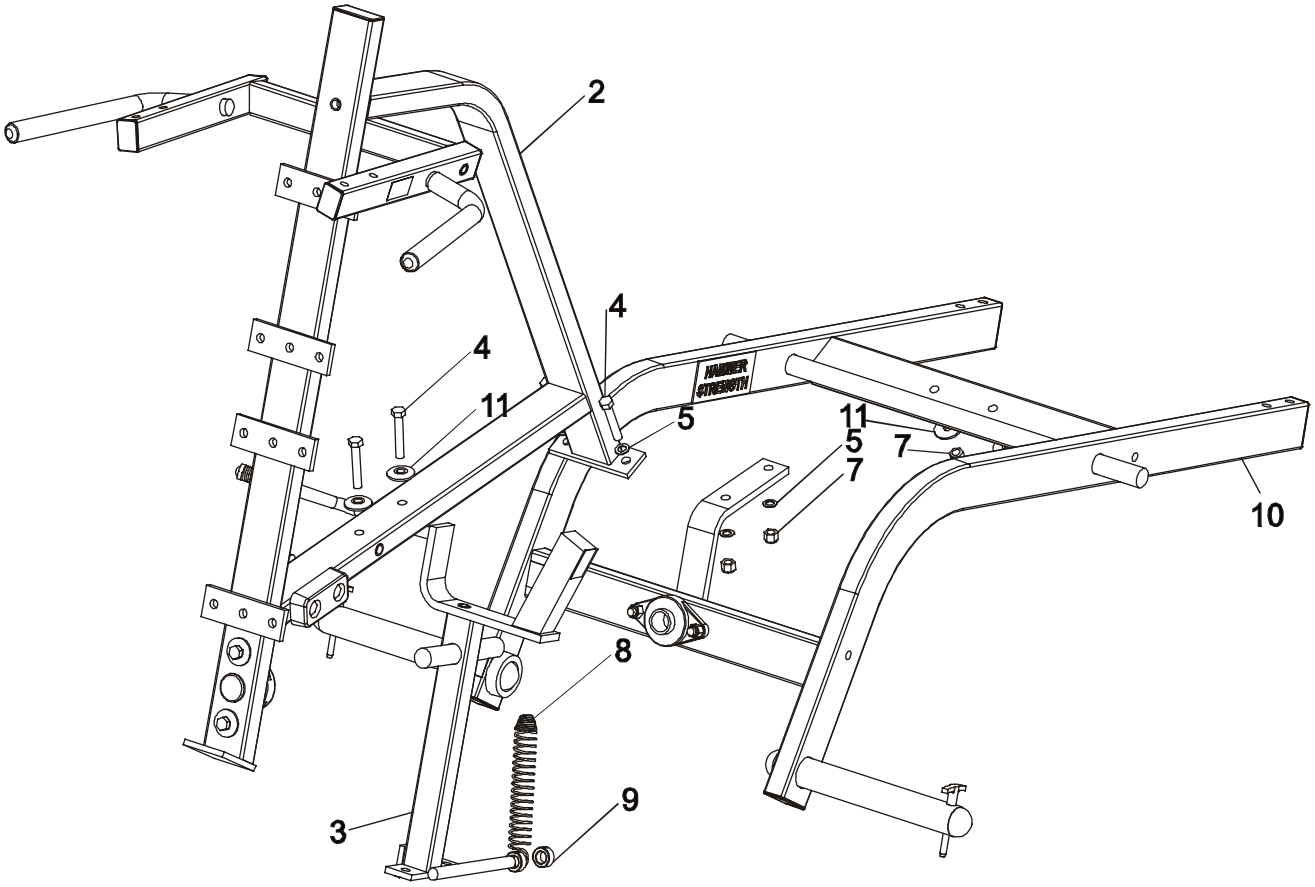
Left Side Frame



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLVSQ-SFL-1	LEFT SIDE FRAME
2	7	H-HPLUG(REG)	Hole Plug
3	1	H-BEAR-LGE	1 1/4" Flange Bearing
4	3	H-BACK WASH	Backing Washer
5	3	HHB.5X3	1/2 X 3 Bolt
6	3	NUT.5LOCK	1/2" Thick Lock Nut
7	1	STAY CLEAR	Stay Clear Decal
8	1	H-PEND3	1 1/2 X 3 End Cap
9	1	H-LOCK-PLUG(LARGE)	9/16" Hole Plug
10	2	H-PLATE-G1	Small Plate Guard
11	1	PLVSQ-20-0	PLATFORM BRACE
12	1	WASH.5STAR	1/2" Internal Lock Wash

HAMMER STRENGTH EQUIPMENT - PLVSQ (Rev: B01)

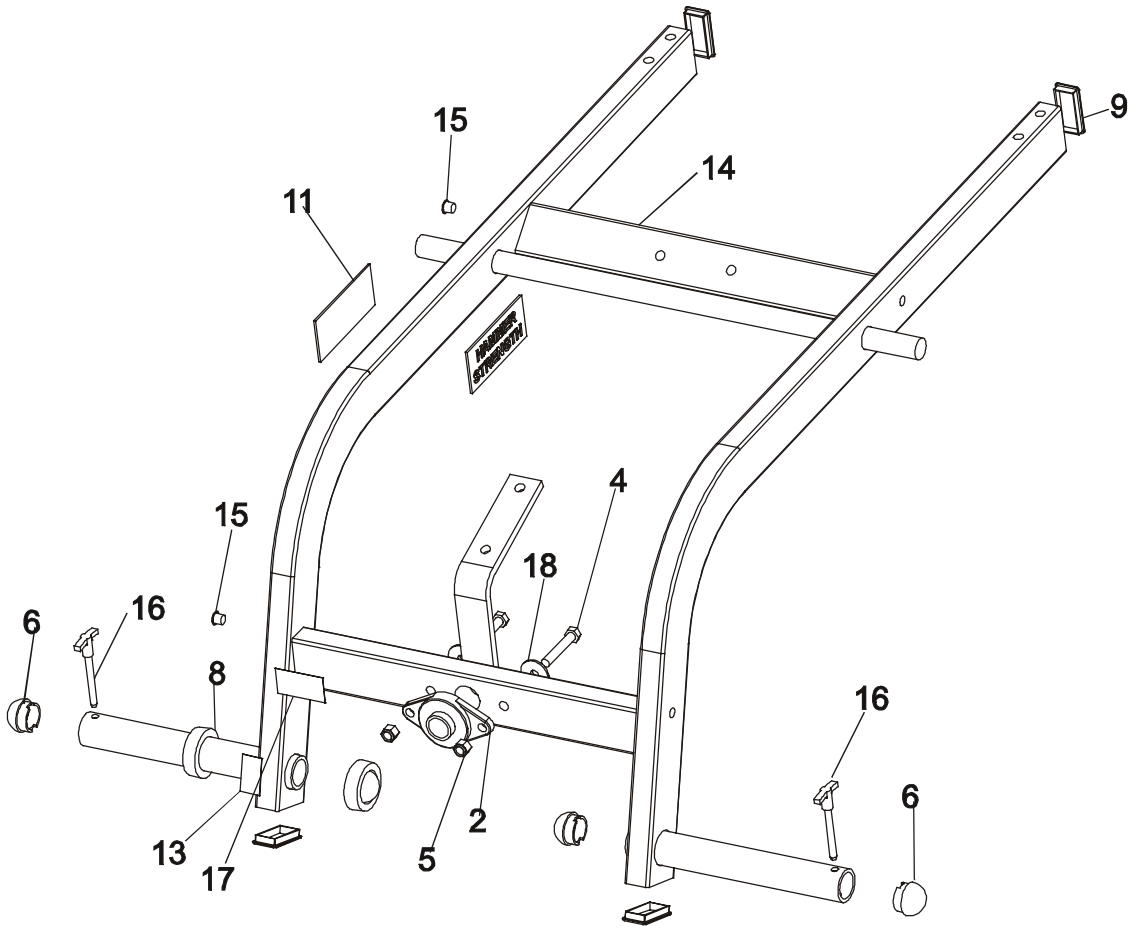
Seat Frame & Movement Arm Assemblies



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	PLVSQ-CST-0	SEAT FRAME ASSM
3	1	PLVSQ-CMAS-0	MOVEMENT ARM STOP ASSM
4	4	HHB.5X3	1/2 X 3 Bolt
5	4	WASH.5STAR	1/2" Internal Lock Washer
7	4	NUT.5LOCK	1/2" Thick Lock Nut
8	1	LP-EX-SPRING	EXTENSION SPRING
9	2	H-LCOLLAR75	3/4" Lock Collar
10	1	PLVSQ-CMA-1	MOVEMENT ARM ASSM
11	4	H-BACK WASH	Backing Washer

HAMMER STRENGTH EQUIPMENT - PLVSQ (Rev: B01)

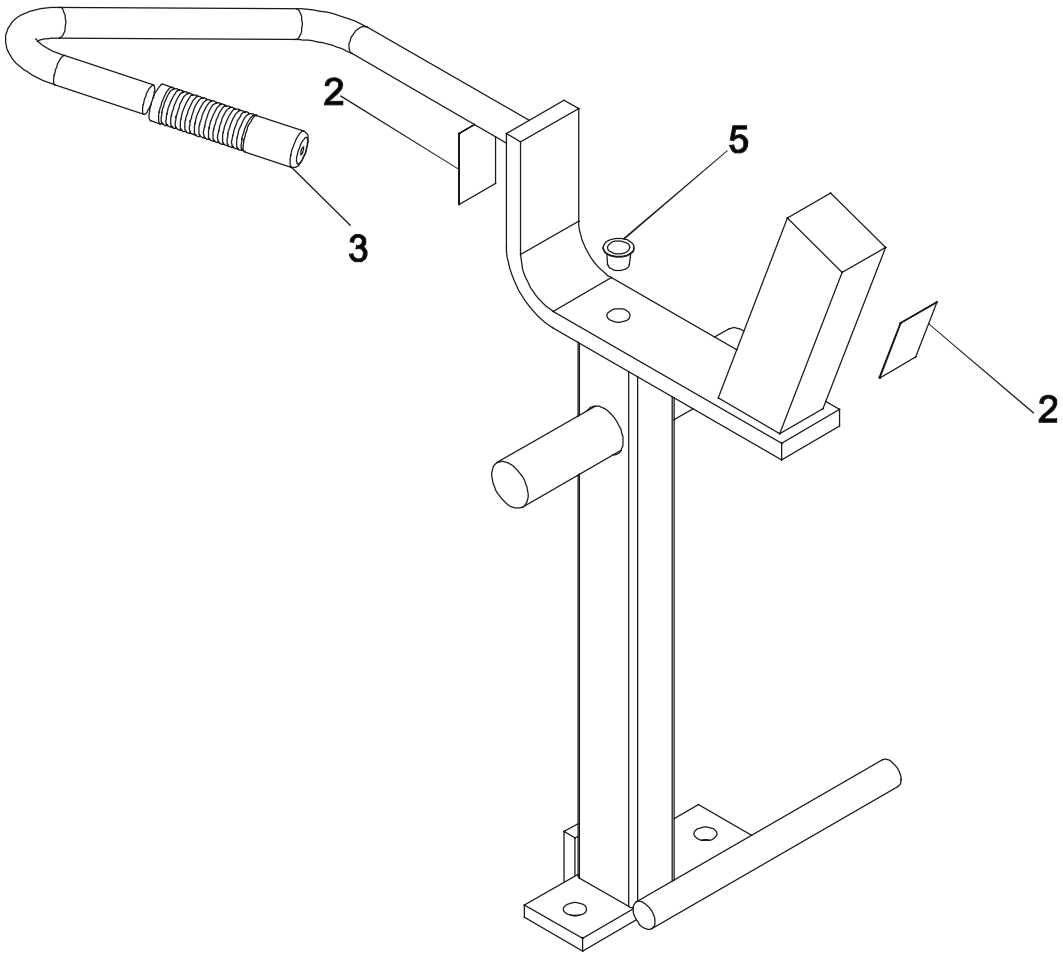
Movement Arm Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	H-BEAR-LGE	1 1/4" Flange Bearing
4	2	HHB.5X3	1/2 X 3 Bolt
5	2	NUT.5LOCK	1/2" Thick Lock Nut
6	4	H-BENDCAP	Bullet Cap
8	2	H-RUBRNG	MM5 Ring
9	4	H-PEND3	1 1/2 X 3 End Cap
11	2	H-NAMEPLATE	Name Plate
13	2	STAY CLEAR	Stay Clear Decal
14	1	PLVSQ-MA-1	MOVEMENT ARM
15	4	H-HPLUG(REG)	Hole Plug
16	2	SELECTOR PIN-4	SELECTOR PIN 4 INCH
17	1	PATENT	Patent Decal
18	2	H-BACK WASH	Backing Washer

HAMMER STRENGTH EQUIPMENT - PLVSQ (Rev: B01)

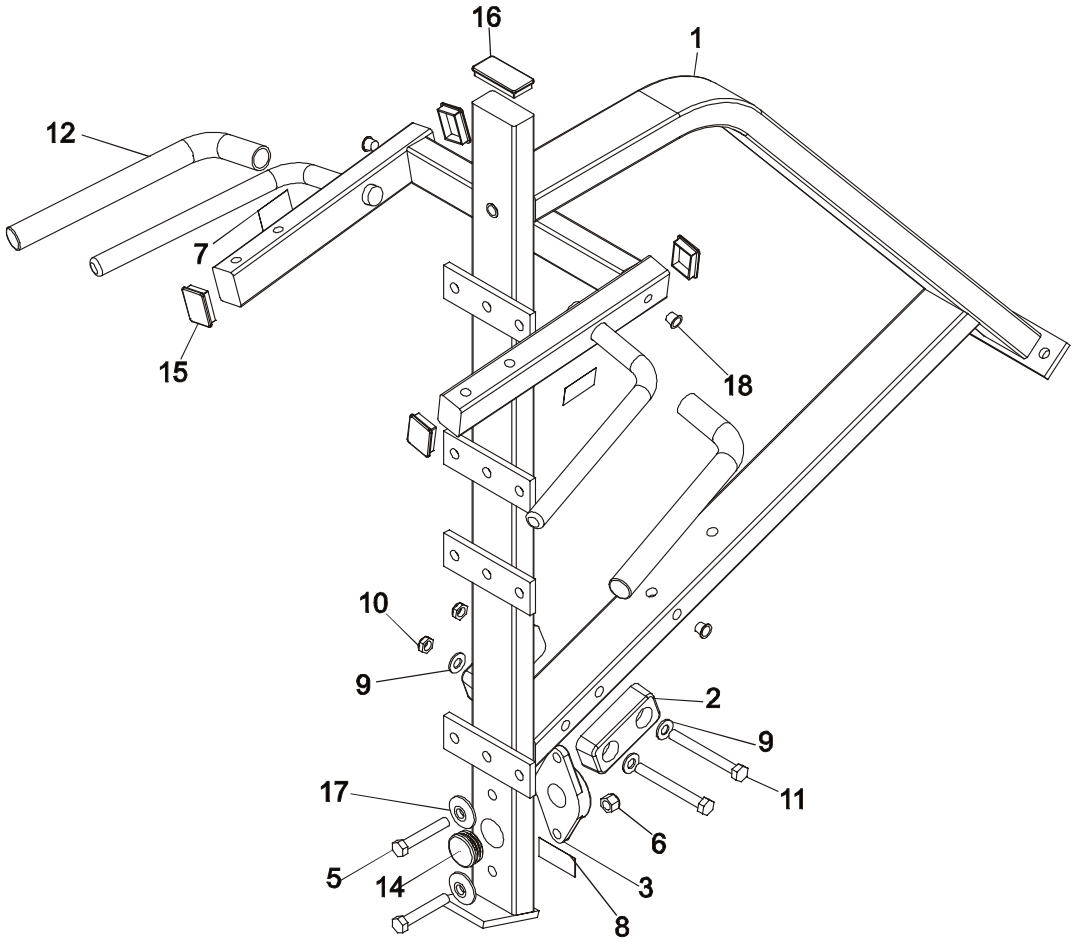
Movement Arm Stop



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLVSQ-MAS-0	MOVEMENT ARM STOP
2	2	STAY CLEAR	Stay Clear Decal
3	1	HG-GR75(GRIP)	Standard 3/4" Bicycle Grip
5	1	H-HPLUG(REG)	Hole Plug

HAMMER STRENGTH EQUIPMENT - PLVSQ (Rev: B01)

Seat Frame Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLVSQ-ST-0	SEAT FRAME
2	2	H-BUMP-SML	MM3 Small Bumper
3	1	H-BEAR-LGE	1 1/4" Flange Bearing
5	2	HHB.5X3	1/2 X 3 Bolt
6	2	NUT.5LOCK	1/2" Thick Lock Nut
7	2	STAY CLEAR	Stay Clear Decal
8	1	SERIAL NUMBER	Serial Number
9	4	WASH.5SAE	1/2" SAE Flat Washer
10	2	NUT.5JAMLOCK	1/2" Thin Lock Nut
11	2	HHB.5X4.5	1/2 X 4 1/2 Bolt
12	2	H-GRIP	HandGrip
14	1	H-LOCK-PLUG(LARGE)	9/16" Hole Plug
15	4	H-PEND2	1 1/2 X 2 Endcap
16	1	H-PEND3	1 1/2 X 3 End Cap
17	2	H-BACK WASH	Backing Washer
18	6	H-HPLUG(REG)	Hole Plug